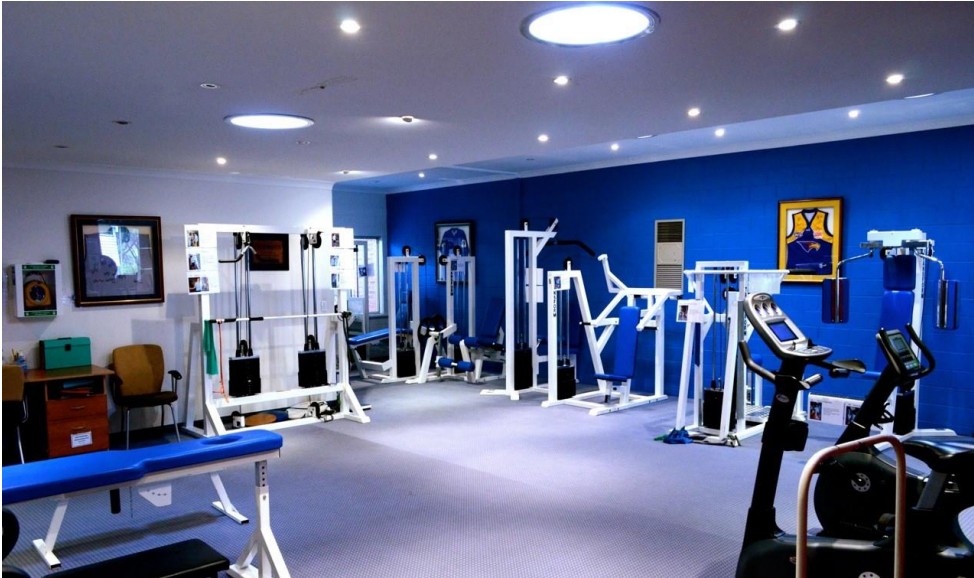


SUPERVISED GYM EXERCISE CLASSES



At the Kalamunda Physiotherapy Centre

Our Supervised Gym classes are an essential component to the post-surgical rehabilitation continuum. These classes are individualised and done in a properly supervised and continually monitored program, **just like we have here at the Kalamunda Physiotherapy Centre.**

Classes are also available for

- Osteoporosis
- Post-surgical conditions (Joint replacement, spinal surgery)
- Core Stability
- Fit for Life and general well-being
- Arthritic conditions
- Individualised strength requirements



Speak to your
physiotherapist
about the benefits
of weight training
to increase
strength post-
surgery

Weight training
benefits those
with post-surgical
conditions

Correct technique
and proper
supervision is
essential

Take a look at our
evidence-based
supervised gym
classes!

KALAMUNDA PHYSIOTHERAPY CENTRE

45 Central Road
Kalamunda WA 6076
9257 1244

www.kalamundaphysio.com.au

Mon/Wed 6pm
Mon/Fri 9am